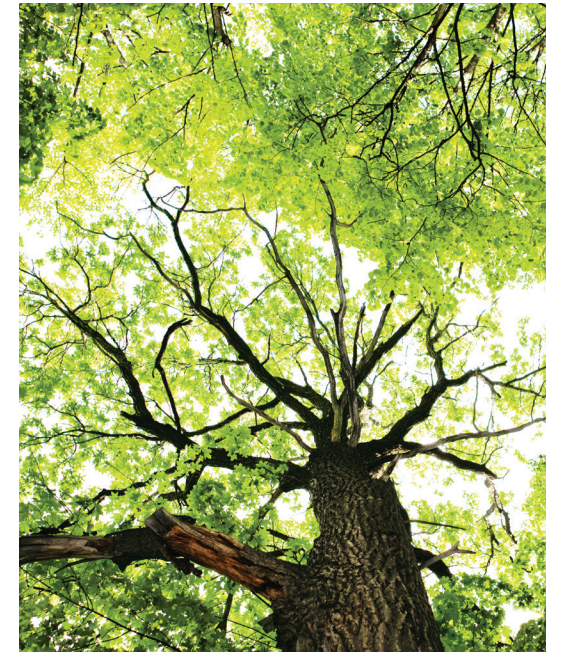# WE'RE COMPETING IN A NATIONAL COMPETITION TO REDUCE ENERGY USE IN OUR BUILDING, AND WE NEED YOUR HELP!

FOLLOW THE TIPS BELOW TO START SAVING ENERGY AT WORK.

1 Give It a Rest

Use the ENERGY STAR® power management settings on your computer and monitor so they go into power save mode when not in use. Also use a power strip as a central "turn off" point when you are using equipment to completely disconnect the power supply.

2 Unplug It

Unplug electronics such as cell phones and laptops once they are charged. Adapters plugged into outlets use energy even if they are not charging.

3 Light Up Your Work Life

Replace the light bulb in your desk lamp with an ENERGY STAR certified bulb. It will last up to 10 times longer and use about 75 percent less energy. Turn off the lights when you leave, especially at the end of the day.

4 Let It Flow

Keep air vents clear of paper, files, and office supplies. It takes as much as 25 percent more energy to pump air into the workspace if the vents are blocked.

5 Team Up

Create a Green Team with your co-workers, help build support for energy efficiency in your workplace, and reduce office waste. Set a goal to make your building an ENERGY STAR certified building.

Learn how you can make many of the same green choices at work that you make at home to save energy and fight global warming with help from EPA's ENERGY STAR program.

Find more tips and track our progress at energystar.gov/BattleOfTheBuildings.

BATTLE OF THE BUILDINGS
TEAM CHALLENGE

EPA's NATIONAL BUILDING COMPETITION

energy
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